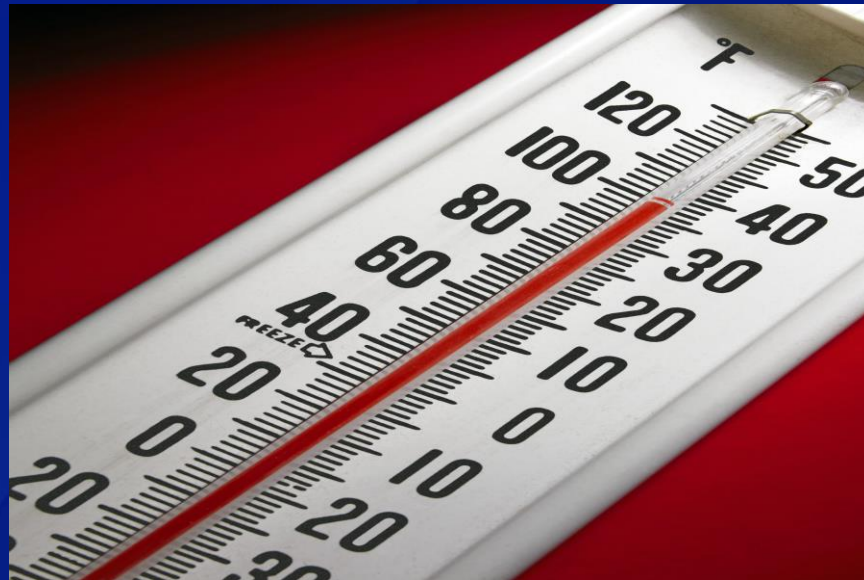


Adapting to health impacts from extreme heat



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Centers for Disease Control and Prevention
<http://www.cdc.gov/climateandhealth/>

August 2, 2013

The National Environmental Public Health Tracking Network


*** Step 1: Select Your Content ?**

Climate Change

Extreme Heat Days and Events

Dates of extreme heat days

☐ Show only data about children



trackingsupport@cdc.gov

*** Step 2: Choose Geography & Time ?**

One County

Alabama

☒ Autauga

☐ Baldwin

☐ Barbour

☐ Bibb

☐ Blount

☐ Bullock

☒ 2003

☐ 2004

☐ 2005

☐ 2006

☐ 2007

☐ 2008

☐ 2009

☒ 2010

☒ Show Counties

Clear Geography

Clear Time

Step 3: Advanced Options ?

Advanced Options (Required)

Heat Metric

☒ Daily Maximum Temperature

☐ Daily Heat Index

Advanced Options (Select One)

Absolute Threshold

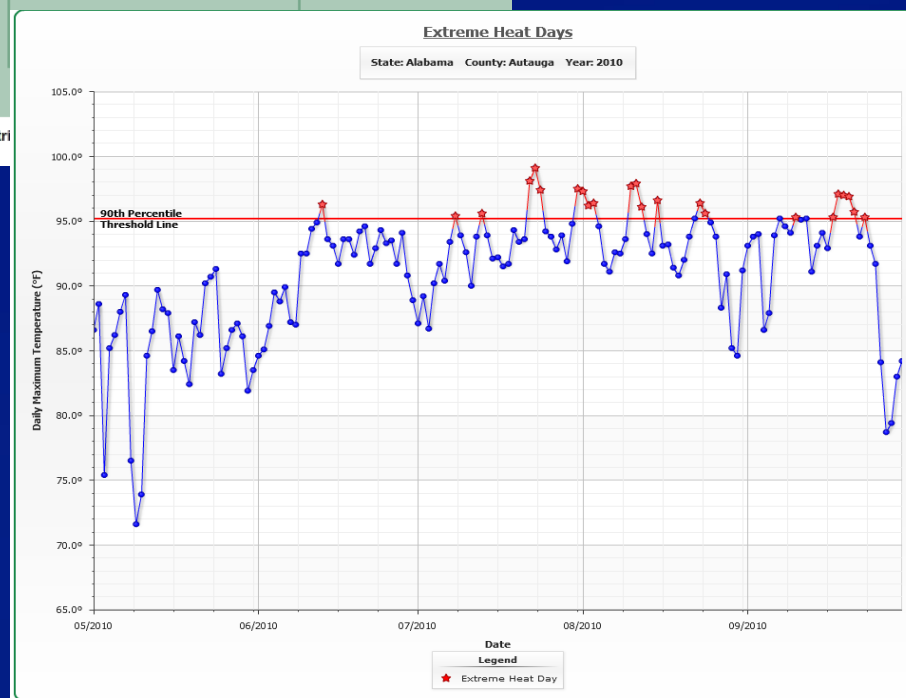
Relative Threshold

Clear Options

*** Step 4: Submit ?**

Run Query

Climate Change | Extreme Heat Days and Events | Dates of extreme heat days | Alabama, Georgia | 2010 | Heat Metric: Maximum Temperature | Relative Threshold: 90th Percentile



The network provides data on:

- Extreme heat days and events
- Heat vulnerability
- Health effects associated with extreme heat

<http://ephtracking.cdc.gov/showHome.action>

The National Environmental Public Health Tracking Network

*** Step 1: Select Your Content ?**

Climate Change

Heat Vulnerability

Percent of forest canopy

*** Step 2: Choose Geography & Time ?**

☒ All Counties

☒ Alabama

☒ Arizona

☒ Arkansas

☒ All Available Years

☒ 2001

Age-adjusted, estimated percent of adults ≥ 20 years with diagnosed diabetes

Percent of cultivated crop land use

Percent of developed land use

Percent of forest canopy

Percent of Population ≥ 5 years with a disability

Percent of population aged 65 years and over living alone

Percent of population below the poverty line

Percent of population of a race other than white

Population density

Rate of hospitalization for heart disease among Medicare beneficiaries ≥ 65 years, over a seven year period

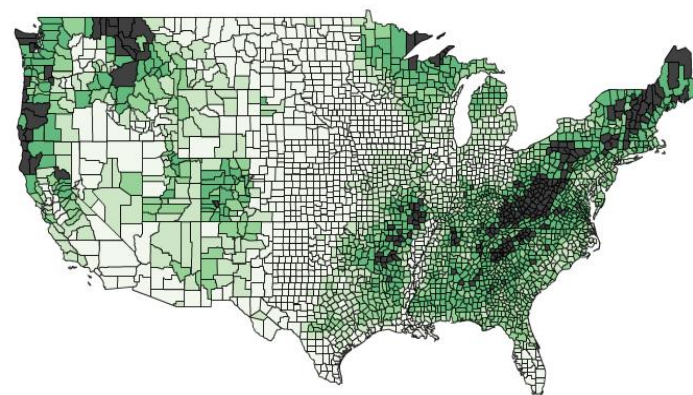
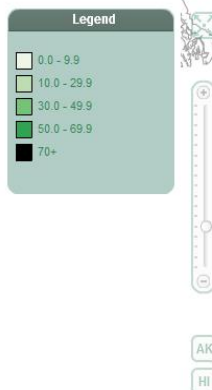
Step 3: Advanced Options ?

No Advanced Options

Clear Options

Climate Change | Heat Vulnerability | Percent of forest canopy | Multiple Geo | 2001


U.S. (2001)



<http://ephtracking.cdc.gov/showHome.action>

CDC's New Extreme Heat Webpage

CDC Home




Centers for Disease Control and Prevention

CDC 24/7: Saving Lives. Protecting People.™

A-Z Index
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Extreme Heat and Your Health


Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat. An important goal of this web site is to provide easily accessible resources for members of the public, local health departments and other organizations, assisting ongoing outreach efforts to those most vulnerable to extreme heat events.



STAY COOL.

Keep your body temperature cool to avoid heat-related illness.


- Stay in air-conditioned buildings as much as possible.
- Find an air-conditioned shelter.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.



STAY HYDRATED.

Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.


- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.



STAY INFORMED.

Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.






- Check local news for extreme heat alerts and safety tips.
- Learn the symptoms of heat illness.
- For more information, please click here.



Media Toolkit


Watch for Signs

e-learning


 Email page link
  Print page
  Get email updates
  Subscribe to RSS
  Listen to audio/Podcast

View page in:


Español (Spanish)




People aged 65 and older




People with chronic medical conditions




Outdoor workers



Infants and Children



Low income



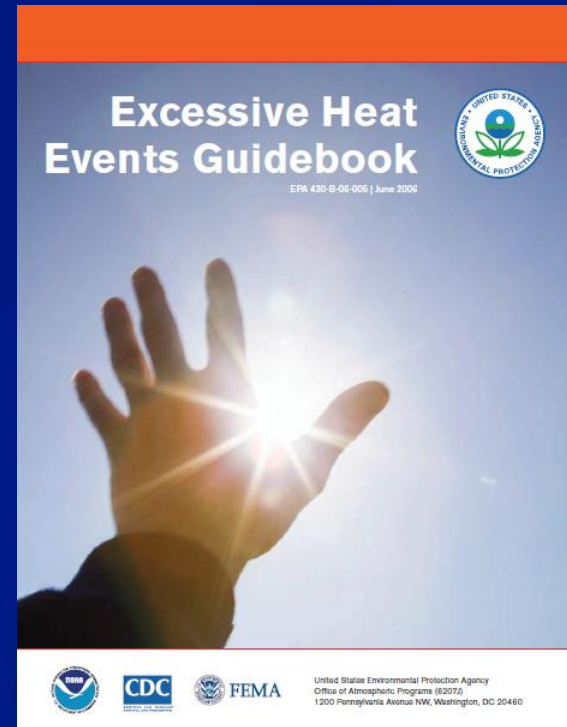
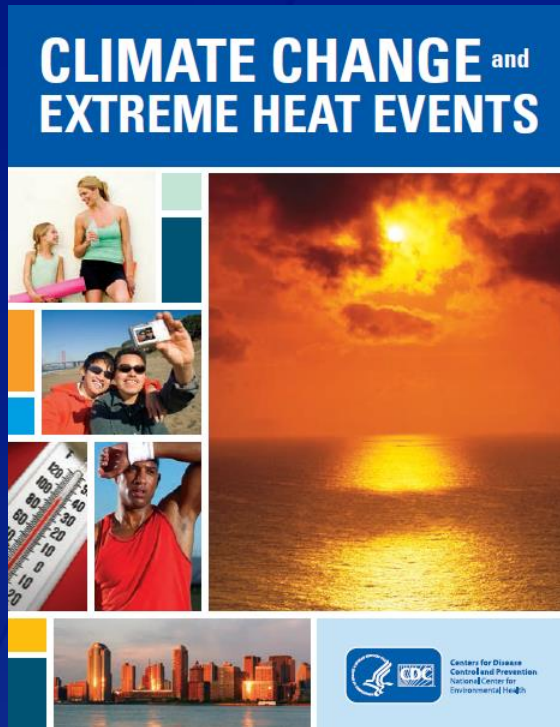
Athletes

Extreme Heat Resources

- Climate Change and Extreme Heat Events Guidebook [3.33 MB]
- Excessive Heat Guidebook [710 KB]
- BAM! Body and Mind (Safety Guidance for Kids)
- Tracking Network/Extreme Heat
- Extreme Heat Infographic
- PSAs and Podcast
 - Keep Your Cool in Hot Weather
 - Keeping Cool in a Heat Wave
 - Stay Healthy and Safe in Hot Weather
 - Beat the Heat

A one-stop shop for CDC extreme heat resources, organized by subject and audience

Guidance for preventing heat-related illness



These guidebooks provide information about:

- Defining and responding to extreme heat events
- Climate change and extreme heat events
- Variables that affect extreme heat events
- The development and implementation of extreme heat event programs (case studies)

Outreach and Training



This course trains coaches in preventing, recognizing, and treating heat-related illness (HRI) among student athletes.



The media toolkit provides materials for various groups, including workers, employers, athletes, coaches, and parents. These materials include posters, handouts, door hangers, and labels.

CDC Climate Ready States and Cities Initiative

